You Can Cook!

Texas Hash with Brown Rice

In a large skillet, brown 1 lb. lean ground beef, stirring to crumble. Drain excess fat.

Add 1 can (14.5 oz) diced tomatoes with onions and peppers (or chop fresh onion and pepper).

Add 1 Tbsp. chili powder and 1/2 tsp. pepper. Stir.

Cover and cook over low heat until rice is tender, about 40-50 minutes.

Add 2.5 cups water and 1 cup uncooked regular rice.

Enjoy!

For recipes, visit https://go.Illinois.edu/EatMoveSave
5 Ways to Eat Brown Rice

Veggie Tots

Easy Vegetable Soup

Texas Hash

Stuffed Peppers

Zesty Chicken and Rice with Potatoes

FOR RECIPES, VISIT https://go.Illinois.edu/EatMoveSave

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